

HPAPPLICATION MEETING: CHRONOLOGY
OCTOBER 30, 2024...CONSIDERATIONS WORTH REMEMBERING!

~date	To do	Done?
By today	Reviewed the HPA online materials; attended the PreApp InfoSession as warmup	
By today	Completed GreenSheet '24 and HP-CV; submitted to HPA; scheduled your GS mtg	
ASAP	Download the official instruction guide for your CAS...and READ IT!!!!	
Dec 9 '24	Consider & recruit all Letters of Recommendation > Science Faculty #1 _____ > Science Faculty #2 _____ > Non-Science Faculty _____ > Non-Faculty #1 _____ > Non-Faculty #2 _____ ...All will be submitted to HPA with signed/countersigned cover page, rating page, and signed letter on letterhead; accepted beginning Jan 3 2025 ; due by Mar 1 2025	_____ _____ _____ _____ _____
Now +	> Research school missions to choose your core group (6/8) of schools. HOW??? > Obtain the appropriate Admissions guide (e.g., purchase MSAR, ADEA Official Guide, etc; VMSAR is no cost!). Contains critical comparative information. > Craft your Personal Statement Essay. Attack "WHY?". Then use what you have DONE to SHOW it as meaningful evidence. Consider how what you have done was meaningful. What strengths have you honed? Weaknesses have you targeted? What makes you distinct? Avoid repeating 'other experiences' entries. Should be utterly perfectly error free. Follow directions! Will be due March 1 2025 . Need help??? > Plan to attend our PS Workshop offered by HPA Jan 30 2025 (tentative)	_____ _____ _____ _____
Now +	Assemble your Personal Information Form (PIF) for the on-campus HPAC process; This will be due March 1 2025	
Now +	IF APPLICABLE: Develop an admission test study plan for MCAT , DAT , OAT, etc. Budget 600-800 hrs...and stick to it! Incorporate PLENTY of practice tests! > Investigate fee-waivers and accommodations EARLY! Not reimbursable, and approval processes could be lengthy, so pursue these in advance > Use free reputable resources—AAMC and Khan Academy > If financially feasible, consider commercial test prep options > Plan to test WHEN YOU ARE READY but so scores report ahead of submission.	_____ _____ _____
Now +	BOOKMARK CAS openings and professional society websites; stay alert to important changes and updates.	
Feb 1 '25	1 February 2025 First Forms Deadline: Submit your HP Waiver Form electronically with an authorized signature as per document directions. Meet with HPA Team & Dean if needed; more info to come!	
Mar 1 '25	1 March 2025 SUPER DEADLINE! Submit completed > Updated HP CV > PIF > Personal Statement Essay > non-Lafayette transcripts (advising ones are fine, but must include grade report) > ensure all FIVE Letters of Recommendation WITH forms are at HPA in Scott Hall.	_____ _____ _____ _____ _____
Mar-Apr '25	Attend HP/GCC interviewing programs and use Gateway CC resources (Interview Stream, Mock Interviews, etc.) to prepare for interviewing	

Mar-Apr '25	Complete your HPAC On Campus Interview; debrief in accordance with directives. FIVE (5) Categories accorded applicants in Composite Letter of Evaluation (CLoE): Highest Recommend, High Recommend, Recommend, Recommend with Reservation, Present for Consideration ; all are contextualized in the CLoE	
Apr-May '25	Connect with your Lafayette College HP Alumnus Peer Mentor!	
Apr-May-June '25	ATTENTION! CAS openings! VMCAS ~late January 2025; CASPA ~April 2025; AAMC & AACOMAS ~May 2025; ADEA AADSAS ~early June 2025; OptomCAS ~late June 2025; PTCAS ~early July 2025; AACPMAS ~early August 2025. > Be sure to review the webinars for your CAS well in advance of CAS openings. > Download the relevant Instruction Manual! Review what all is involved. For most you get a month from launch to earliest submission...because you will need it! > Read and Review Our HPA added directions when distributed!	_____ _____
Jan-May-June '25	Sit for your admissions exam when you are prepared to score well. Optimal test dates are January through early June 2025. Plan to test when you are ready to be successful—practice scores typically overestimate actual performance by 5% or more! So consistent practice exams should score higher than your median goal. Test scores are valid for ~3 years.	
May 15 '25	Finish your semester strong! Expand from bellwether schools (3) to a core list (6-8). Submit these to HPA on the List of Schools Form that includes the HP CLoE Release Form. Stagger the addition of more school groupings.	_____ _____
Various by school	Complete your PREView , CASPer or other Situational Judgment Test as directed by your schools. Sequence varies so educate yourself on your options!	
July 10 '25	WE SUBMIT your Composite Letter of Evaluation (CLoE) and attendant individual Letters of Recommendation provided to us by 10 July 2025 for MD, DO, DDS, DMD, OD, DPM applicants. DVM letters differ, so stay tuned! If you solicit more letters with newer experiences, request your letter writers to upload their letter directly to the CAS. Pay attention to specific directions.	

An Important Request About Submitting Materials: While you may be very familiar with the names of your materials, remember that we are receiving dozens of important documents from dozens of applicants. Your shorthand naming patterns must be clearly identified to ensure they do not go astray. Please employ your full name and the document as part of the filename! So instead of "my HP.docx" or "nwGreenSheet.pdf" please be specific, such as "Nancy Waters HP Waiver 2025.pdf" or "Nancy Waters GreenSheet 2024.pdf" so we can upload it to your personal file with us. Remember, to preserve your formatting, convert Word, Google or Pages document into a pdf before submitting it.

The Fine Print:

Open your CAS account as early as possible to start completing your Primary (1°) Application. If you prepared your PIF/HP CV well, you will have an easier time populating the application. You get a month or so because it really does take that long to complete. Realize that schools will review in different ways, so be

aware of school-specific deadlines. Earlier matters. For an experience to have evidence of impact, it should be **completed**, though for some health professions, you can include an experience underway, and for some you can go back and add experiences. Do not assume—this varies by CAS! So, review the CAS directions! Also, if you solicit a letter after you complete the on campus HPAC interview, your recommender will need to upload to the CAS directly, rather than through us.

CONFIRM SUBMISSION OF ALL OFFICIAL TRANSCRIPTS WITH GRADES! You are the only one able to handle TRANSCRIPT releases! We cannot for FERPA reasons. **NOTE:** This is the single most common reason for application problems! Refer to the directions for each CAS—they vary!

SUBMIT 1° Application as early as you can after CAS opens! When ALL OF **YOUR ELEMENTS** for the application are FULLY COMPLETE, the CAS will begin verification (this can take 3-6 weeks depending). Once verified, the CAS notifies your schools that your file is available to be released to them starting **late June 2025**. Our CLoE will be submitted to coordinate with the first verified file releases. Stagger your school designations (see below re: secondary applications).

DO NOT OVERLOOK completing CASPer, PREView or any other supplemental required test!

Requests for **2° applications** will then be issued, some automatically. Complete them expeditiously—within a week! These take WORK and THOUGHT! Consider pre-writing some components. Staggering your applications in concentric rings from your core set of schools can help. Plan on 2-7 days of turnaround time for each!

Interview invitations commence late July 2025. Earliest interviews get scheduled beginning late August 2025 and interviews may continue to March 2026. Notifications for acceptances may be within 2 weeks or as long as 6 months after interview. Be your own best advocate! If allowed by your schools, update your application with meaningful accomplishments! Don't be a "1 'n' done"!

Be strategic! Have a back-up plan. Or two! Or three! It must be specific! Consider the gap year...to grow, to fill in your gaps. Evaluate critically any professional Post-Bac programs, as well as ways to strengthen your portfolio. Develop a reapplication strategy! If you decide to defer at any time along the process, alert us. You can reactivate up to 3 years post-Lafayette College graduation!